



TEAM NELSON

Together We Shine

Health 4 Life

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A word of encouragement

By Tyler 5AI

To stay fit and healthy (physically), we must drink lots of water, eat healthy and join in with physical activities, whether we are at home or at school. As fit stop leaders, we aren't all about just keeping physically fit, but also mentally, so that our minds can also remain healthy and strong. Taking part in mindfulness exercises is a good way to get started with keeping our mind fit.



Mental health:

Your mental health is just as important as your physical health. The same amount of energy and effort you put into making sure you are physically fit, you need to dedicate the same amount of time, to ensuring you are mentally fit also. Mental health is an individual's cognitive, behavioural and emotional wellbeing (Mind, 2000). It is something we all have - including every child and young person.

Physical health:

Physical health relates to all the physical things we can do to look after our bodies. Spending just 30 minutes a day completing a range of fitness exercises could really make a difference. Your physical health is not just about what you do whilst you are awake. It also includes: sleeping well at night, eating well, being active, having good hygiene and most importantly, taking time for relaxation - this is to prepare yourself for the next day or up coming challenges.

Don't forget!

Consume a healthy and balanced diet. Don't spend all day inside, instead go out and get some fresh air. At the end of the day, it's better then staying inside and developing a lazy and slothful habit, while playing on your game consoles, scrolling on your phones, laptops or iPads!

By Aaliyah 6DC

What you can do during the half term break?

Thankfully, it is not too dark outside this side of the school year, so why not take your family out on a little excursion? We live in a community with many things for you and your family to take part in such as:

1. Going for a walk around the Ladywood reservoir, and if you are up to it, take a little jog around it.
2. Visit the National Sea Life Centre, its only a few steps away.
3. Take a stroll around Canon Hill Park. The wooded area and trails are exquisite!
4. Plan a healthy picnic and maybe include a charcuterie board.
5. Build a woodland den and invite your cousins around to join in.
6. Why not try something new? How about bird watching or going for a hike.
7. Simply sitting in the park and creating a nice piece of art.
8. If you do not want to leave the comfort of your warm home, put on some relaxing music and do some mindfulness colouring.

There is more to life than just playing video games, watching TV all day and sleeping . Why not spend some time looking after your health. Go outside and get some fresh air - it is really good for you. The half term break is a good opportunity to get out and go on an adventure with family and friends. You do not have to spend money, you can go to the park and simply play with your cousins and there's so much things you can do...after completing your homework and home reading of course.

By Fatmah and Amaan 6DC



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